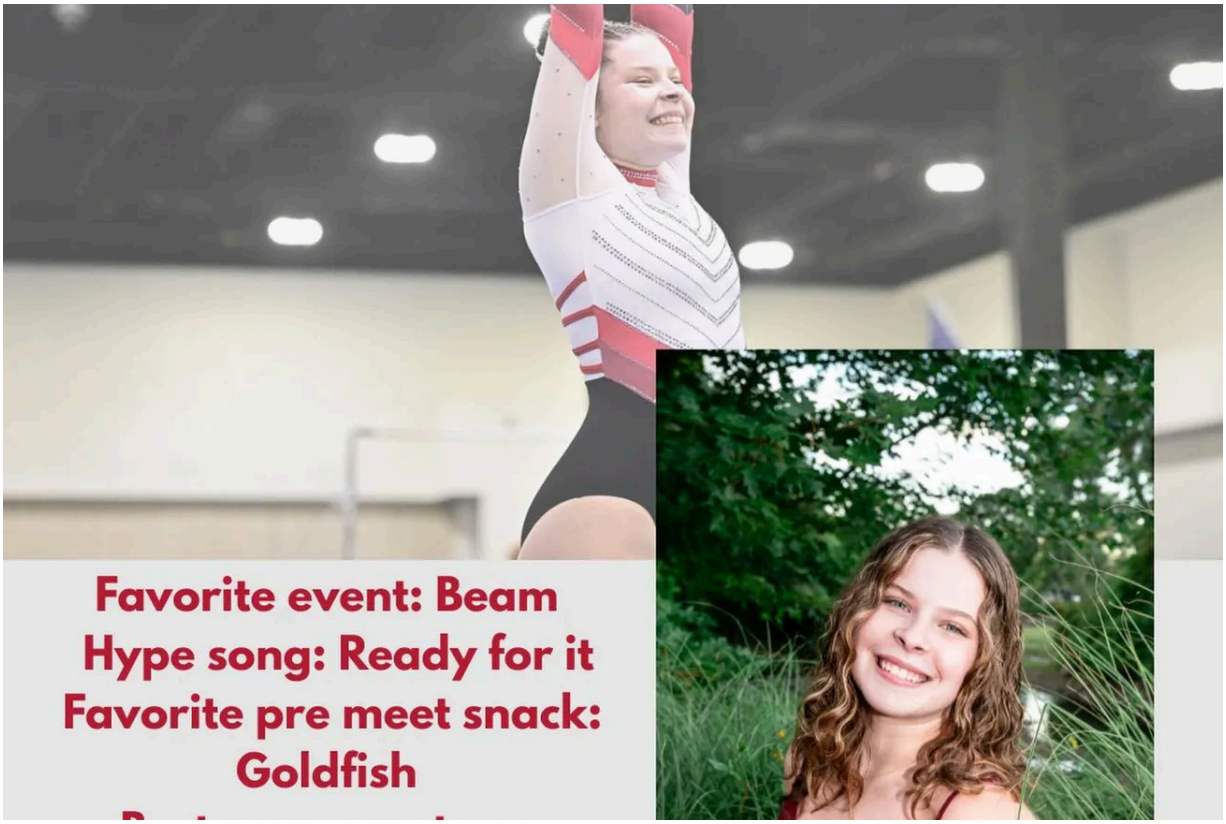
SPORTS

Winchester gymnasts begin season with promise for another winning season

JOE MCCONNELL | SPORTS EDITOR

January 17, 2026 . 6:00 AM — 3 min read



Meet one of the Red & Black gymnastics team's captains, Mason Lieberman. COURTESY PHOTO/WINCHESTER HIGH SCHOOL GYMNASTICS

Winchester High gymnastics head coach Candice Lentini Maher
25th year along the Red & Black sidelines against host Woburn an

Subscribe

in a tri-meet on Jan. 8.

Her gymnasts ended up defeating Woburn, 132.95-125.35, but lost to the Rockets, last year's Middlesex League champs, 137.45-132.95.

The Red & Black then went up against Stoneham back in Woburn on Jan. 14, where they took care of the Spartans, 139.25-125.85, before dropping a 139.8-136.5 close decision to the host Wilmington/Bedford co-op the next day to even their record at 2-2.

Subscribe

Grace Farina is one of the Red & Black gymnastics team's captains. COURTESY PHOTO/WINCHESTER HIGH SCHOOL GYMNASTICS

Lentini Maher, who was the program's assistant coach for one year prior to taking over the top post, has compiled one league championship and a bunch of seconds, including another one last year, when they finis
with a 6-2 record. Jess Kelley, a former Winchester gymnast, is o
her assistant coach.

Subscribe

The veteran coach has 20 talented gymnasts on this year's roster, and she likes what she sees.

"We have a pretty staunch team this year that has a lot of depth," she said.

This year's club is led by captains Mason Lieberman, Grace Farina, Rose Marino and Arushi Swaminathan.

"The beam is our strongest event this season, along with the floor exercises, while we have been getting better on the parallel bars the last couple of years," said Lentini Maher. "We are also very consistent on the vault."

The meet against Stoneham was an eyeopener for the coach. Among other things, she loved the number of points – close to 140 – that they were able to garner so early on in the season.

Subscribe

Meet Arushi Swaminathan, one of the Winchester High School Red & Black gymnastics team's captains. COURTESY PHOTO/WINCHESTER HIGH SCHOOL GYMNASTICS

Marino (9.1) finished first on the vault against the Spartans. Sophomore Violet Bogovich (8.4) accounted for second. Junior Vanessa Knowles and Farina (8.2) completed the sweep in a tie for third-place.

Subscribe

Bogovich (9.3) went to the head of the class on the bars, followed by Knowles (9.1) in second and Marino (9.0) right behind her in third.

Junior Lily Stevens (9.45) and Marino (9.35) topped the ticket on the beam. Knowles (8.9) was fourth. Bogovich (8.45) was credited with a first-place finish on the floor exercises. Freshman Isabelle Nghiem and Farina (8.4) tied for second. Julia Elder (8.1) came in third.

Donate today!

There was not much time to rest for the Winchester girls, who were back on the mat the next night at Wilmington. Nonetheless, they were still able to keep things close against the Wildcats.

“We had a couple of falls, but for an early season meet we did very well,” said Lentini Maher.

Marino (9.25) came in second on the vault, while Farina (8.65) settled for fourth. Knowles came through with a second-place finish on the bars. Bogovich (8.45) and Marino (8.4) closed out the event in fourth and fifth, respectively.

Stevens (9.0) and Marino (8.95) were third and fourth on the beam. Bogovich (8.7) ended up in a tie for second on the floor exercises with her Wilmington counterpart. Marino and Nghiem (8.6) tied for fourth.

Subscribe

Rose Marino is one of the Red & Black gymnastics team's captains. COURTESY PHOTO/WINCHESTER HIGH SCHOOL GYMNASTICS

Senior Rachel Dunlap is ready to return to the lineup after recovering from an ankle injury sustained during last year's league meet, which should make the overall roster more difficult to beat.

Subscribe

The coach singled out the emergence of freshman Mia Stuart after what she has been able to do the last few weeks in practice.

"(Stuart) has a lot of potential, and so far, has had good beam scores in the mid-eights, while she continues to work on the other three events," Lentini Maher added.

Joe McConnell is a longtime, award-winning sports editor for numerous North Shore publications. He began covering Winchester sports for the News in November 2024.

Winchester News is a non-profit organization supported by our community. If you appreciate having local Winchester news, please donate to support our work, and subscribe to our free weekly newsletter. Copyright 2025 Winchester News Group, Inc. Copying and sharing with written permission only.

Related

SPORTS

Winchester boys basketball heads to Bridgewater-Raynham for

SPORTS

Winchester wrestling 10 finish at state divi

Subscribe

Sweet 16 game after beating Lexington in postseason opener

It was the third meeting this year between Middlesex League boys basketball rivals Lexington (16-5, 11th seed) and Winchester (17-4, 22nd seed). They split the first two during the regular season, thus making this Round of 32 postseason matchup the impromptu rubber game of this year's series, with the

JOE MCCONNELL | SPORTS EDITOR
March 3, 2026

senior captains move on to All-States

After the Winchester High qualified wrestlers competed hard over two days last weekend (Feb. 20, 21) in the State Division 1 Meet at North Andover High School, Mother Nature gave them a break to rest and recuperate with Monday's blizzard that resulted in two days off from school. There

JOE MCCONNELL | SPORTS EDITOR
February 28, 2026

SPORTS

Winchester boys hockey advances to the Sweet 16 after beating Wachusett in the tournament opener

The Winchester High boys hockey team (12-9-2), the 17th seed, edged the 16th-seeded Wachusett Regional Mountaineers (18-2-1), 5-4 in a Round of 32 Division 1 state tournament game at Westborough's Northstar Ice Arena on Feb. 25. The Red & Black will now take on top seed Catholic Memorial (18-2-1)

JOE MCCONNELL | SPORTS EDITOR
February 27, 2026

SPORTS

With postseason starting Friday night, WHS boys hoop seniors English, Sarpong, Burbine join Middlesex League elite

The Winchester High boys basketball team, the 22nd seed, will take on Middlesex League rival Lexington, the 11th seed, to begin the Division 1 state tournament in the Round of 32 on Friday night, Feb. 27, starting at 6 p.m. These teams are so evenly matched, beginning with the

JOE MCCONNELL | SPORTS EDITOR
February 26, 2026

Subscribe

Latest

FEATURES

‘Chicago: Teen Edition’ dances onto the Winchester High School stage

By Talia Ho | Correspondent Fame. Fortune. And all that jazz. This spring, Winchester High School presents “Chicago: Teen Edition,” a bold musical that explores celebrity culture, media manipulation, and the cost of ambition. Set in the 1920s, this iconic production is sure to leave the audience wanting more. Performances will

SPECIAL TO THE NEWS
March 4, 2026

EVENTS

Ripley Chapel in Winchester presents ‘Syldason: You Are Welcome Here’

The following was submitted by the Ripley Chapel at First Congregational Church: On Friday, March 13, beginning at 7:30 p.m., live in-person and live streamed from the stunning Ripley Chapel at First Congregational Church, Winchester, 21 Church St., join in with Syldason, a duo concert featuring Sylvie Zakarian,

March 4, 2026

NEWS

Rep. Michael Day helps House colleagues pass sweeping energy

NEWS

Winchester gun own training rules starting April 2

Subscribe

affordability bill

The following was submitted by the Office of Rep. Michael S. Day: Rep. Michael S. Day and his colleagues in the House of Representatives recently passed energy affordability legislation that would result in over $9 billion in savings for utility ratepayers over the next 10 years. The bill maintains critical

March 4, 2026

Public safety data How Winchester compares on firearms licenses in comparable Massachusetts communities Active licenses as of Jan. 25, 2025 — Source: Massachusetts Criminal History Systems Board License to carry firearms Firearms identification card Winchester and Marblehead are the focus communities. Peers selected based on comparable population size, demographics and suburban

WILL DOWD | STAFF WRITER

March 4, 2026

WINCHESTER NEWS
A TRUSTED AND RELIABLE SOURCE OF LOCAL NEWS

Subscribe to Winchester News

© 2026 Winchester News Group, Inc. Copying and sharing with permission for non-commercial use only.

Subscribe